



THE CITY OF SAN DIEGO

Public Library

FOR IMMEDIATE RELEASE
Thursday, September 15, 2005

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Library to Present Free Seminars Focusing on Over-the-Counter Medicine *"Be Well Informed" Presentations to be Held at Four Libraries*

SAN DIEGO – The City of San Diego Public Library will host a free seminar in October and November focusing on over-the-counter medicines. Titled "Over the Counter and Into the Mouth," the seminar will be held at four City libraries.

American medicine cabinets contain a growing choice of nonprescription, over-the-counter medicines to treat an expanding range of ailments. Over-the-counter medicines often do more than relieve aches, pains and itches. Some can prevent diseases like tooth decay, cure diseases like athlete's foot and, with a doctor's guidance, help manage recurring infections, migraines and minor pain in arthritis.

The free seminars will provide detailed information about nonprescription, over-the-counter from a registered pharmacist. The programs will include presentations and a question and answer period. The seminars are part of the Be Well Informed @ your library campaign, presented by Walgreens and the American Library Association. The San Diego Public Library is one of only 10 library systems in the country participating in the program.

October is Health Literacy Month, an international campaign to raise awareness about the importance of understandable health information.

The schedule of free seminars is as follows:

- **Saturday, Oct. 15 at 2 p.m.**
Valencia Park/Malcolm X Branch Library, 5148 Market St., 619-527-3405
- **Tuesday, Oct. 18 at 2 p.m.**
Point Loma/Hervey Branch Library, 3701 Voltaire St., 619-531-1539
- **Tuesday, Oct. 27 at 2 p.m.**
Pacific Beach/Taylor Branch Library, 4275 Cass St., 858-
- **Tuesday, Nov. 12 at Noon**
San Carlos Branch Library, 7265 Jackson Drive, 619-527-3430

To sign up for a seminar, please call the library where you plan to attend. For more information, visit the Library on the City's Web site at <http://www.sandiego.gov/public-library/>.

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